

Wilderness Yoga Retreat Checklist

I. Gear (will be provided)

- A. Tent (three season, rain proof)
- B. backpack (prefer internal frame, 4000 cubic inch at least)
- C. Sleeping Bag (Zero bag prefer) with stuff sack
- D. Sleeping pad (must have)
- E. Ground cloth/space blanket
- F. A stove per every 2-4 people and fuel
- G. A cooking pot, a cup/mug, plate or bowl with a spoon and a fork
- H. Water bottle (1) and water bladder (1)
- I. Water filter (1) for every 2-4 people or water purifying pills
- J. Matches

II. Clothing (three layers system – synthetic material)

- A. boots or steady trail runner or steady walking shoes (1)
- B. camp shoes (1) – worn-out tennis shoes
- C. socks (3 pairs)
- D. underwear (3)
- E. shorts/swimming suit (1)
- F. long pants (1) – water proof or resistance
- G. knit synthetic top and bottom (1)
- H. short sleeved/long sleeved shirts (3)
- I. fleece pullover/sweater (1)
- J. rain jacket (water proof or resistance) (1)
- K. rain gear (poncho, rain pants, rain jacket, gaiters, garbage bag)
- L. hat/visor (1)
- M. glove/mitten (1)

IV. Other Essentials

- A. Personal First Aid kit (foot care and other personal medication)
- B. Map and compass (will be provided)
- C. Flash light with an extra set of battery and bulb (will be provided)
- D. Repair kit (will be provided)
- E. Sunglasses, sunscreen, lip balm
- F. Insect repellent (will be provided)
- G. Nylon rope (thin, 40-50 feet) (will be provided)
- H. Multipurpose tool (if you have one)
- I. Toilet paper (one roll) (will be provided if you forget)
- J. Plastic trowel (will be provided)
- K. Pen and note book
- L. biodegradable soap (will be provided)
- M. toothbrush and toothpaste
- N. bandannas
- O. watch
- P. camera

V. Miscellaneous desirables

- A. walking sticks
- B. books to read (spiritual books please)
- C. towel (light weight swimmer towel)
- D. handiwipes